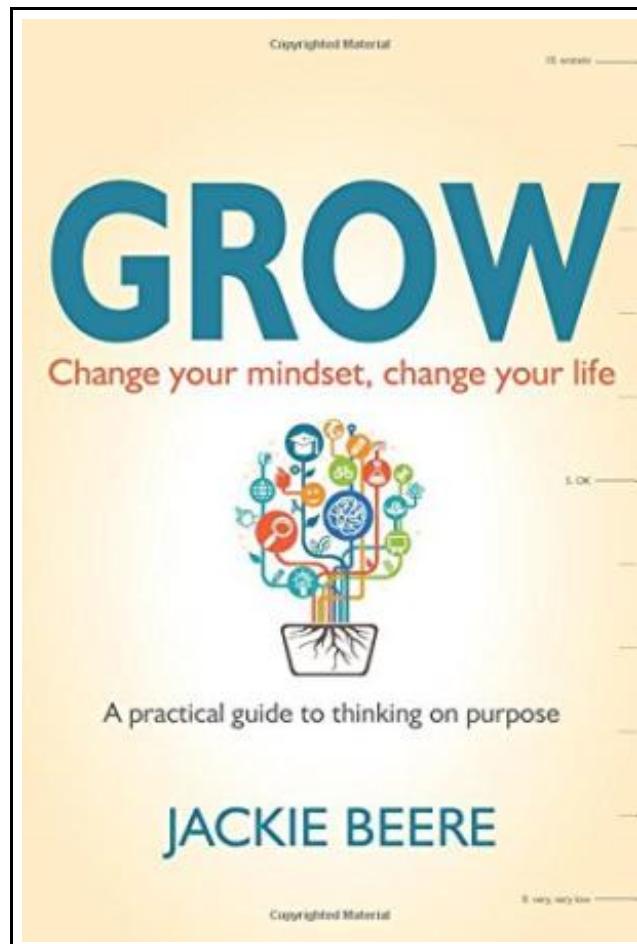


## Grow: Change Your Mindset, Change Your Life - A Practical Guide to Thinking on Purpose



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Crown House Publishing, United Kingdom, 2016. Paperback. Book Condition: New. 192 x 128 mm. Language: English . Brand New Book. In Grow, Jackie Beere demonstrates how we can all change our mindsets, learn to learn and chose to think on purpose. Our thoughts and beliefs lead us to develop habits that can predict our success or failure. We can all choose to grow - and coach our loved ones to do the same - by fostering and sustaining a mindset that will keep us healthy and happy in future years. Jackie Beere believes the key to this is thinking on purpose and metacognition. Jackie shows you how you can understand yourself and others so that you can be flexible, fearless and happy. Jackie shares observations, stories and practical tools to help you, and others you care about, grow. Jackie offers a personal perspective, but one that is informed by wide reading and research in the fields of psychology and cognitive therapy. She has been particularly inspired by Daniel Goleman s work on emotional intelligence, Carol Dweck s research on the power of developing a growth mindset, the founding principles of neuro-linguistic programming, and the latest discoveries about our brains and how they work. Life is full of changes and challenges but by thinking on purpose, we can all become more resilient, adaptable, self-confident and successful. Jackie s refreshing and personable approach means this is a personal development book for everyone - even if you think that s not usually for you. Honest and to-the-point, Jackie takes a pragmatic approach to useful mind management techniques, putting the theory into practice through numerous case studies. As Jackie shows us, thoughts really are amazing things. Thoughts can make you feel happy or sad, clever or stupid, beautiful or ugly - despite all the...

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